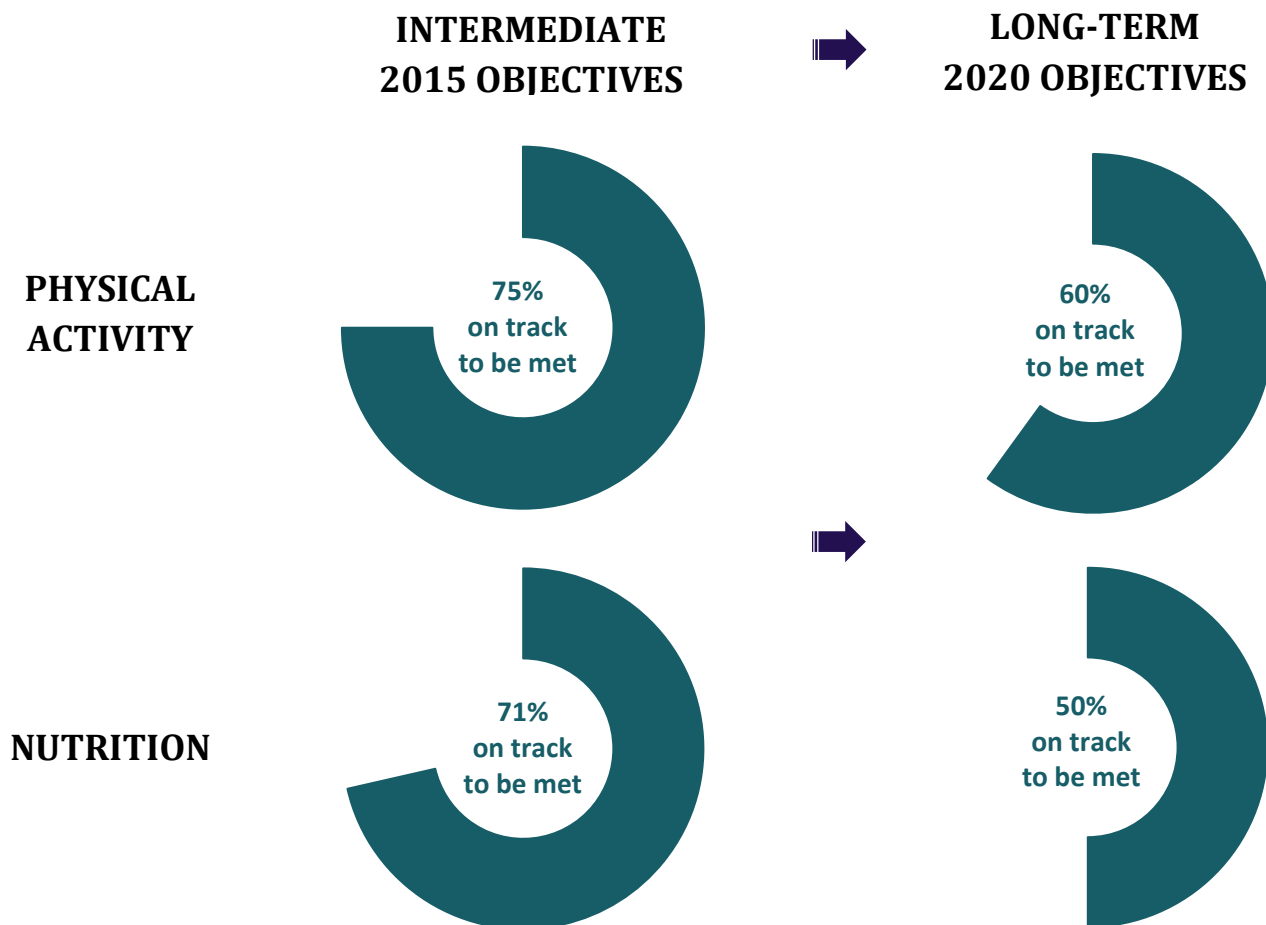




ShapingNJ Update: Progress on State Plan Goals and Objectives

Fall 2013

***ShapingNJ's** 10 year plan to reduce obesity included 10 evidence based strategies that increase opportunities for active living and healthy eating. The plan also included a series of indicators and objectives to measure progress. The dashboard below summarizes **ShapingNJ's** progress on these objectives.*



ShapingNJ is Making Progress

- ***ShapingNJ*** is on track to meet a majority of its intermediate and long-term objectives
 - More progress is being seen in physical activity than nutrition
 - Rates of obesity among New Jersey adolescents and adults continue to climb
 - As physical activity increases and nutrition improves, it is likely that obesity will level off and begin to decrease by 2020.
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ShapingNJ Update: Progress on State Plan Goals and Objectives

Fall 2013

ShapingNJ developed goals and objectives to measure progress on implementing 10 strategies included in the state plan for obesity prevention. The tables below summarize the objectives, specify the indicator, report baseline and current data and assess the degree to which the objective is:











✓ met or exceeded

— on track to be met

✗ failing to be met

Goal 1: Increase the proportion of New Jersey adults and children who are physically active				
Objective	Indicatorⁱ	Baselineⁱⁱ	Current	Status
Long-Term Objectives				
1.1 By 2020, 52% of NJ adults will meet current physical activity guidelines for aerobic physical activity	Percent of NJ adults with 30+ minutes of moderate PA 5 or more days per week, or vigorous physical activity for 20+ minutes 3 or more days per week	47.5%	53.3% (2011) ⁱⁱⁱ	✓
1.2 By 2020, 23% of NJ high school students will meet current physical activity guidelines for aerobic physical activity	Percent of NJ adolescents (14-18) who were physically active at least 60 minutes per day on each of the seven days during the seven days before the survey	21.3%	28.0% (2011)	✓
1.3 By 2020, 75% of NJ high school students will watch TV for fewer than 3 hours a day	Percent of NJ adolescents (14-18) who watch television 3 or more hours per day	67.4%	67.1% (2011)	✗
1.4 By 2020, 10% more NJ children will watch TV for no more than 2 hours a day	Percent of NJ children who watch television for no more than 2 hours per day	72.0%	78.9% (2011)	—
1.5 By 2020, 78% of NJ high school students will use the computer for fewer than 3 hours a day	Percent of NJ adolescents (14-18) who use computers 3 or more hours per day	71.1%	62.7% (2011)	✗
Intermediate Objectives				
1.6 By 2015, NJ will have child care licensing regulations requiring children to engage in vigorous or moderate physical activity	State regulation that specifies that children will be engaged in moderate or vigorous physical activity in licensed, regulated child care centers	No (2010)	Yes (2013)	✓

1.7 By 2015, at least 33 percent of licensed child care centers will be re-licensed under the new physical standards	Number of child care centers that underwent license renewal after standards are enacted	0	0 (2013)	—
1.8 By 2015, increase by 10 percent the number of NJ adults who walk in their neighborhood	Percent of NJ adults who walked in their neighborhood for leisure or as a way to get to a destination 5 or more days in the past 30 days	4.8%	8.8% (2011)	✓
1.9 By 2015, increase by 5 percent the number of NJ communities that have public recreation facilities	Percent of NJ adults reporting that their communities that have public recreation facilities	75.3%	80.4% (2011)	✓
1.10 By 2015, increase by 5 percent the number of NJ adults who consider their neighborhood safe	Percent of NJ adults who consider their neighborhood to be quite or extremely safe	83.3%	85.1% (2011)	—
1.11 By 2015, increase by 5 percent the number of NJ communities that have joint use agreements with schools	Percent of NJ adults reporting that their communities that have schools that are open for public recreation activities	48.3%	44.0% (2011)	✗
1.12 By 2015, at least 32 Complete Streets policies will be enacted in New Jersey	Number of Complete Streets policies in NJ	7 (2010)	66 (2013)	✓
1.13 By 2015, the annual number of new Safe Routes to School programs implemented in NJ will be at least 38	Number of Safe Routes to School Programs in NJ	38	8 (2011) ^{iv}	—
1.14 By 2015, 25% more students will be physically active during their physical education class	Percent of NJ high school students who spend more than 20 minutes exercising during the average physical education class	69.7%	69.7% (2009)	—
1.15 By 2015, 82% of NJ high schools will teach specific health education lessons related to physical activity and the relationship to optimal health	Percent of high schools that taught all 12 physical activity topics in a required course included in School Health Profiles	61.2% (2008)	66.8% (2012)	—
1.16 By 2015, 10% more employers will offer employee wellness programs	Percent of employers who offer employee wellness programs	40.7%	39.0% (2011)	✗
1.17 By 2015, 10% more NJ adults will participate in employee physical activity/fitness programs	Percent of NJ adults who participate in employee physical activity/fitness programs	25.9%	20.9%	✗

Goal 2: Increase the proportion of New Jersey adults and children who consume a healthy diet				
Objective	Indicator	Baseline	Current	Status
Long-Term Objectives				
2.1 By 2020, 29% of NJ adults and 22% of NJ high school students will consume five or more servings of fruits and vegetables per day	Percent of NJ adults who consumed fruits and vegetables 5 or more times per day	26.4%	26.4% (2009)	
	Percent of NJ high school students who consumed fruits and vegetables 5 or more times per day	20.1%	19.2% (2011)	
2.2 By 2020, the proportion of infants ever breastfed will increase to 85%	Percent of NJ infants ever breastfed	72.1% (2007)	71.5% (2012) ^v	
2.3 By 2020, the proportion of infants breastfed exclusively through 6 months will increase to 20%	Percent of NJ infants breastfed exclusively at least 6 months	10.0% (2007)	10.9% (2012) ^v	
2.4 By 2020, 13.9% of NJ high school students will drink soda one or more times per day in the previous 7 days	Percent of NJ high school students who drank soda one or more times per day in the past 7 days	19.9%	18.5% (2011)	
Intermediate Objectives				
2.5 By 2015, NJ will have nutrition standards that follow federal standards for foods and beverages provided to children in licensed child care centers	State regulation that sets nutrition standards for foods and beverages in licensed, regulated child care centers	No (2010)	Yes (2013)	
2.6 By 2015, at least 33 percent of licensed child care centers will be re-licensed under the new nutrition standards	Number of child care centers that underwent license renewal after standards are enacted	0	0 (2013)	
2.7 By 2015, at least 80 percent of NJ census tracts will have healthy food retailers	Percent of NJ census tracts with healthy food retailers within 1/2 mile of boundary	77.6%	76.9% (2013)	
2.8 By 2015, there will be at least 1.7 farmers markets per 100,000 people in New Jersey	Farmers markets per 100,000	1.4	1.5 (2013)	
2.9 By 2015, 163,000 students will be enrolled in the NJ school breakfast program	Number of NJ school breakfast participants	155,224 (2008)	189,688 (2011)	
2.10 By 2015, at least 35% of NJ schools will allow students to purchase fruits and vegetables	Percent of NJ schools that allow students to purchase non-fried vegetables	33.0% (2008)	31.9% (2012)	
	Percent of NJ schools that allow students to purchase fruits	39.0% (2008)	42.3% (2012)	

2.11 By 2015, 48% of NJ schools will offer fruits and vegetables at school celebrations	Percent of NJ schools that offer fruits and non-fried vegetables at school celebrations	45.8% (2008)	42.6% (2012)	✗
2.12 By 2015, 10% more schools will have school wellness teams and will implement healthy eating strategies	Percent of NJ schools that have a school health council, committee, or teams (including youth advisory groups) that offers guidance on the development of policies or coordinates activities on health topics	59.0% (2008)	57.8% (2012)	✗
2.13 By 2015, 44% of NJ schools will promote healthy eating through pricing initiatives, food preference suggestions, information sharing, and taste tests	Percent of NJ schools that implement at least 3 of the 5 following strategies: <ul style="list-style-type: none"> • price nutritious foods and beverages at a lower cost • collect suggestions on nutritious food preferences and strategies • provide information on the nutrition and caloric content of foods • conduct taste tests • provide opportunities to learn about nutrition-related topics 	34.0% (2008)	39.7% (2012)	—
2.14 By 2015, at least 20 delivery facilities will achieve Baby-Friendly™ status	Number of NJ hospitals with Baby-Friendly™ status	0 (2010)	4 (2013)	—
2.15 By 2015, maternity quality practices will meet or exceed the national average	NJ Composite Quality Practice Score	60 (2007)	71 (2011)	✓
2.16 By 2015, 15 companies headquartered or companies with facilities in NJ will be a part of the Children's Food and Beverage Advertising Initiative	Number of businesses headquartered or with manufacturing, administrative, or other business facilities in NJ who are CFBAI signatories	9	16 (2011)	✓
2.17 By 2015, 10% more employers will offer employee wellness programs	Percent of NJ employers who offer employee wellness programs	40.7%	39.0% (2011)	✗
2.18 By 2015, 10% more NJ adults will participate in employee nutrition or weight management programs	Percent of NJ adults who participate in employee nutrition or weight management classes or counseling	4.1%	5.0% (2011)	✓

Overall Goal 3: <i>Increase the proportion of New Jersey adults and children who are at a healthy weight</i>				
Objective	Indicator	Baseline	Current	Status
3.1 By 2020, the proportion of NJ adults who are obese will be 23 percent or less	Percentage of NJ adults who are obese	23.9%	24.6% (2012) ⁱⁱⁱ	✗
3.2 By 2020, the proportion of NJ high school students (14-18) who are obese will be 10 percent or less	Percentage of NJ adolescents who are obese	10.3%	10.9% (2011)	✗

ⁱ For data sources, please see corresponding document:

<http://www.state.nj.us/health/fhs/shapingnj/tools/resources/ShapingNJ%20Goals%20and%20Objectives%2007.23.13.pdf>

ⁱⁱ Baseline data is from 2009 unless otherwise specified.

ⁱⁱⁱ Data reported from Behavioral Risk Factor Surveillance System beginning in 2011 cannot be directly compared to previous years because weighting methods changed in 2011. Data presented are for reporting and consistency purposes only. [Click here for more information about the method change and its impact.](#)

^{iv} The New Jersey Safe Routes to School initiative engaged in a strategic planning process and changed its funding formula to fund a fewer number of municipalities for greater amounts. The amount of funds invested in Safe Routes to School per year remains relatively consistent.

^v [Breastfeeding data from the 2013 National Immunization Survey](#) should be interpreted with caution. Data is based on a landline telephone sample that resulted in a smaller sample size and a larger margin of error in than in prior years.